

Things to Interest Our Woman Readers

UNCLE SAM TACKLES THE WELSH RABBIT

WASHINGTON, March 2.—Uncle Sam, having laid down a rule as to what is mince meat, has now tackled the Welsh rabbit. Secretary of Agriculture Wilson has issued a bulletin in which he gives a recipe for a rabbit that is warranted to cure insomnia and produce the pleasantest dreams. Here is the Welsh rabbit recommended by the United States Government:

One tablespoonful of butter, one teaspoonful of corn starch, one-half cupful of milk, one-half-pound of cheese, cut into small pieces, one-half teaspoonful each of salt and mustard and a spoonful of cayenne pepper.

Mr. Wilson says that you should cook the cornstarch and the butter, then add the milk gradually and cook for two minutes, and after that add the cheese and stir until it is melted. "Scatter and serve on crackers or bread, toasted on one side, the rabbit being poured over the untoasted side," says the Secretary of Agriculture.

The cost of this rabbit, as certified by the United States Government, is just thirteen cents and its food value is equivalent to three-quarters of a pound of beef. A man who can get away with a good big sirloin steak ought presumably therefore to be able to demolish one of these rabbits in toto, but Uncle Jim Wilson leaves that to the public's discretion.

There isn't anything in the Department's pamphlet to indicate that beer on the side is indispensable, as some rabbit fiends contend.

This recipe for a Welsh rabbit is only part of the campaign that the Department of Agriculture is making to popularize cheese in this country and to convince people that it ought to be eaten as a substitute for meat. The Department has been carrying on experiments for a year or more with human subjects to find out just what the effect of cheese is on the digestive tract. After these experiments Secretary Wilson and his scientists aver that cheese is good to eat in large quantities and that if properly prepared it does not cause any physiological disturbances.

"It may easily," says the bulletin, "be introduced into the bill of fare in such quantities as to serve as a cheap source of nitrogenous food."

The Department of Agriculture has discovered the beneficial effect of cheese upon the human system by feeding large quantities of cheese to subjects who were engaged in the experimental stations. Some of these subjects who fasted on cheese for considerable periods were students at Wesleyan University in Connecticut, where the Government had an experimental station.

The Wesleyan students cultivated a hunger for cheese and many of them cried for more, even after having been fed on it daily for a week or more. Now and then the Wesleyan students were treated to a little charcoal on the side. One man under the observation of the Department lived on cheese and bread, with an occasional piece of fruit, for months and experienced no ill effect.

"In the large number of experiments," says the bulletin, "young men in good health were fed on a diet consisting of bread and fruit, combined with American factory cheese, which was made with different stages of ripening. The results showed that over ninety per cent of the nitrogenous materials of the cheese was digested, that is, retained in the body, and nearly ninety per cent of the energy it supplied was available."

"In other words, cheese compares favorably with other foods in thoroughness of digestion, that is, in the percentage finally digested. Furthermore, it did not cause any physiological disturbances."

The fault that Secretary Wilson and his investigators, Dr. C. F. Langworthy and Caroline L. Hunt, find with the American people is that they use cheese chiefly as flavoring. It ought to be used, in their opinion, more commonly as a substitute for meat.

They acknowledge, however, that it has a more pronounced flavor than meat, and that there is always likely to be at least one member of the family who does not relish cheese in quantities. They predict, nevertheless, that cheese will become more popular and that housekeepers will learn to arrange bills of fare in which cheese plays a more scientific and attractive part. It is for the purpose of promoting an appetite for cheese

and instructing American housewives in its preparation for the table that the Department of Agriculture has issued its bulletin giving the Welsh rabbit and other recipes.

Before setting forth the recipes in detail, Uncle Jim Wilson and his specialists give a few general hints on the cheese diet. They recommend that in planning menus of which a cheese dish is the chief feature, housekeepers should take pains to supply also crisp, watery vegetables, such as watercress, celery, lettuce, served with a dressing or with salt alone, or simple fruit salad. They recommend also that cheese should be served with harder kinds of bread, crusty rolls or biscuits, zwieback, toast, pulled bread or crackers, or with some of the many crisp ready to eat cereal breakfast foods. Brittle cookies are good with cheese too.

The Department's bulletin gives the following sample bills of fare in which cheese dishes are the chief source of protein and fat supply or in which they appear as substitutes for meat:

Macaroni and cheese.
Raisin bread or date bread.
Orange and water cress salad.
Baked apples. Sugar cookies.
Cocoa.

Cheese fondue.
Toast, Zwieback, or thin and crisp baking powder biscuits.
Celery.

Potatoes, baked, boiled, or fried in deep fat.
Peas, or some other fresh vegetables.

Coffee.
Fruit salad with crisp cookies or meringues.

Clear soup.

Baked eggs with cheese or Boston toast.

Baked potatoes.

Lettuce salad.

A sweet jelly, crab apple or quince for example, or a preserve.

Rye bread.

Orange or banana shortcake.

Tea.

The bulletin gives a long list of recipes of cheese dishes that can be used as substitutes for meat. The experts give, for instance, thirty rec-

ipes for dishes which will provide much the same kind and amount of nutritive material as the ordinary meat dishes used at dinner. In several cases, so the bulletin says, there is a resemblance in appearance and flavor to common meat dishes, which, in the opinion of Secretary Wilson, would doubtless be a point in their favor in many families.

The bulletin gives several recipes for cheese fondue. Here are a couple of them:

One and one-third cupfuls of soft, stale bread crumbs, six ounces of cheese (one and one-half cupfuls of cheese or one and one-third cupfuls of cheese grated fine or cut into small pieces), four eggs, one cupful of hot water, one-half teaspoonful of salt.

Mix the water, bread crumbs, salt and cheese; add the yolks thoroughly beaten; into this mixture cut and fold the whites of eggs beaten until stiff. Pour into a buttered baking dish and cook thirty minutes in a moderate oven. Serve at once. The food value of this dish, made with the above quantities, is almost exactly the same as that of a pound of beef of average composition and a pound of potatoes combined. Estimated cost, eighteen cents.

One and one-third cupfuls of hot milk, one and one-third cupfuls of soft, stale bread crumbs, one tablespoonful of butter, four eggs, one-third of a pound of cheese (one and one-third cupfuls of grated cheese or one cupful of cheese cut into small pieces), one-half teaspoonful of salt. Prepare as in previous recipe. The protein value of this dish is equal to that of one and one-third pounds of potato and beef, the fuel value, however, being much in excess of these. Calculated cost, twenty-two cents.

The bulletin sets the following recipe for corn and cheese soufflé:

One tablespoonful of butter, one tablespoonful of chopped green pepper, one-quarter cupful of flour, two cupfuls of milk, one cupful of chopped corn, one cupful of grated cheese, three eggs and one-half teaspoonful of salt.

Melt the butter and cook the pepper thoroughly in it; make a sauce out of the flour, yolk and seasoning; cut and fold in the whites, beating

stiffly; turn into a buttered baking dish and bake in a moderate oven thirty minutes.

The bulletin gives this recipe for a tomato rabbit:

Two tablespoonfuls of butter, two tablespoonfuls of flour, three-quarters cupful of stewed and strained tomatoes, one-eighth teaspoonful of soda, one pound of cheese two eggs slightly beaten, salt, mustard, cayenne pepper.

Cook the butter and the flour together add the milk, and as soon as the mixture thickens add tomatoes and soda. Then add cheese, eggs and seasoning. Serve on toasted whole wheat or Graham bread.

There are also recipes for baked rice and cheese, baked crackers and cheese, cheese rolls and Boston roast. The Boston roast is made of one pound can of kidney beans, a half a pound of grated cheese, bread crumbs and salt. The beans are mashed or put through a meat grinder, then the cheese and sufficient bread crumbs are added to make the mixture stiff enough to be formed into a roll; the concoction is then baked in a moderate oven and basted occasionally with butter and water. It is finally served with tomato sauce and may be flavored with onions, chopped and cooked in butter.

The Government's bulletin also gives recipes for a pimiento and cheese roast and a nut and cheese roast.

Some folks may be surprised to find out that cheese and spinach are good when rolled together. Take two quarts of spinach and cook it in water for ten minutes; take a cupful of grated cheese and add the cheese and eggs and bread crumbs to the spinach after the water has been drained off, and chop. The mixture is cooked in a baking dish.

There are a lot of dishes made of eggs and cheese, including creamed cheese and eggs, eggs with baked cheese, scrambled eggs with cheese, and Swiss eggs.

Three or four recipes are given for cheese omelet, and then comes what may appear to the laymen to be a somewhat startling innovation, and that is the serving of cheese on breakfast food. Of this latter dish the bulletin says:

For wiping up the floor is dipped in kerosene oil and thoroughly wrung out, it takes up the dust better and makes the floors look brighter.

If potatoes are boiled before frying, boil them with the jackets on. After boiling, the jackets can be taken off with less waste and more quickly than the potatoes be peeled before boiling.

If you will rub the gas-range while it is hot with a piece of soft cloth or old newspaper, the range will always be clean. Keep handy a rag that will absorb grease, or a piece of newspaper, and once a day when the range is warm, wipe it off, and it will be bright and clean, and only need a general overhauling now and then. For this general overhauling, wipe off the grease and dirt with a cloth that has been dipped in a paraffin oil, and clean out the holes in the burners with a hatpin or some such instrument.

You can save some of the labor of ironing by placing the sheets folded on your ironing board, and ironing other plain things on them. The hems of the sheets may need ironing but the rest of the sheet has been ironed by proxy.

If the housekeeper who wants to make the asparagus "go" as far as possible, will cut the stalks into small lengths and put the hard portions into a steamer well in advance of the tips and softer parts, she will find that these hard portions will become as tender as string beans, and that every bit of the asparagus can be eaten.

During the windy weather one requires a good, pure cold cream that can be applied in the daytime without being noticeable. Here is an excellent recipe:

Take half an ounce each of spermaceti and white wax, with two of witch hazel and three of sweet almond oil. Let the wax and spermaceti barely melt over hot water before adding the oil. They should only just turn liquid before being removed from the heat. Mix in the oil, then with a silver fork add the witch hazel, drop by drop; beat to a smooth cream, adding a few drops of any preferred perfume.

which we all like, yet most housekeepers at one time or another are interested to know about foods which will take the place of meat. Cheese naturally suggests itself for such uses since it resembles meat in food value and is a savory food. Experiment and experience have shown that it can be thus used and that the daily fare may meet all demands as regards the nourishment it supplies and at the same time be economical. This matter is taken up in the bulletin and suggestions made which should help the housewife in planning her meals. The bulletin may be obtained upon application to the secretary of agriculture.

Meat is a wholesome staple food

PREPARING THE CHEAPER CUTS OF MEATS

By Christine Terhune Herrick.

Do any of you belong to the company of housekeepers who think good meat must always be a choice cut? Let me tell you of a little experience of mine the other day.

I bought a knuckle of veal for soup. It cost only ten cents and it did not have very much meat on it. But there happened to be only three people for lunch that day. I put the meat over the fire in enough cold water to cover it with a half onion, sliced, a bay leaf, a stalk of celery and some parsley; put the top on the pot and simmered it steadily for two hours. Then I took out the knuckle, cut the meat from the bones, thickened a cup of the broth with a little butter and flour, stirred into it a tablespoonful of minced parsley, seasoned it with salt and pepper, poured it over the meat in a hot dish and had as savory a lunch-meat as anyone need wish to eat. The rest of the liquor was put aside for soup.

I have told you this at length because it shows what can be done with a knuckle of veal, which is often bought for soup and then thrown aside, when the stock is made. Here is another dish I made from my soup meat. This time it was the meat which came with part of a shin of beef cost fifteen cents.

Savory Beef Stew.
Put your shin of beef over the fire in the usual amount of cold water you would use when making soup from it and with it have the regular bouquet of soup herbs, onion, carrot, a turnip, sliced, a stalk of celery, a few sprigs of parsley and perhaps an allspice and a couple of cloves, and let all simmer for three hours. Take from the fire and leave the meat to get cold in the stock. The next morning take the bones out and cut off the meat, dividing it into neat pieces with a sharp knife. Don't chop or grind it. Heat a cupful of the stock, season it well with salt and pepper and, if it is lacking in zest, add a little onion juice, and a tablespoonful of sweet marjoram, thyme and Summer savory, minced. For myself, I always put in the herbs, even if I find the onion juice is not needed. Let the gravy simmer for fifteen minutes after you have made these additions, then lay the meat in it and leave this to stand at the side of the fire, heating through very slowly, for half an hour. Move it forward, thicken the gravy with a little browned flour, and pepper and

salt and two tablespoonfuls of Worcestershire sauce, and boil up once before sending to table.

This is as appetizing a stew as I know and seldom fails to achieve popularity if properly made. Of course you can buy fresh meat for it, but that from soup stock answers quite as well. I know it is the custom to say that all the good has been cooked out of the meat into the soup and if you used the meat alone it would be tasteless. But when you put with it some of the stock in which it was cooked (and season this properly) you get the juice of the meat as well as the fiber and it is as nutritious as any boiled meat could be.

Pork Pie.
For this you may buy the cheaper portions of pork, so long as they are not too fat. Or if you have had a roast of pork the left-overs from this will answer. If the former are used, cut the meat into cubes, cover with a cupful of cold water and stew gently an hour, or until the meat is tender. Set it aside to get cold, remove the fat from the top and put away for frying. Arrange a layer of the pork in the bottom of a bake-dish, sprinkle salt and pepper on it and place over it a layer of tart apples, which have been peeled, cored and sliced. Strew on this a little sugar and a pinch of mace and dot with a few bits of butter. Repeat the alternate layers of meat and apples until the dish is full, making apples the top layer. Pour over all the cupful of gravy, which should have been well seasoned and thickened a trifle with a teaspoonful of browned flour, and put on top a crust, as described in the preceding recipe. This pie should bake nearer three-quarters of an hour than half, and the oven should be rather slow. It is very good, especially for cold weather.

If you use cold roast pork follow the same process and have a cupful of gravy saved from the roast or made from the trimmings.

Lamb Brunswick Stew.
Buy a neck or breast of lamb or any other part suitable for stewing. The cheap cuts answer the purpose quite as well as the costlier portions. Put the meat over the fire with an onion and a quart of cold water to two pounds of the meat and simmer until tender. Set it aside to cool and remove the fat which rises to the top. Add then three large potatoes, parboiled and sliced, two cups of canned corn, drained from the liquor (in

Summer use the fresh green corn, cut from the cob), a cupful of lima beans, fresh, canned, or dried and souked, and let the meat, stock and vegetables cook together for fifteen minutes. Then put in the solid contents of a can of tomatoes, a teaspoonful of sugar, two teaspoonfuls of salt, a small onion, minced, a tablespoonful of chopped parsley, a saltspoonful of pepper and stew fifteen minutes more. Add two tablespoonfuls of flour, rubbed smooth with the same amount of butter, stir until this is melted and blended with the gravy. It is very good.

UNCLE SAM'S COOK-BOOK ON CHEESE.
Secretary Wilson has just added an other bulletin to the list of nutrition publications, or so-called "cook books," issued by the department and widely distributed. The latest one is on "Cheese and its Economical Uses in the Diet" (Farmers' Bulletin No. 487). Since cheese is one of the important agricultural products of the United States and a foodstuff used in larger or smaller quantities in nearly every American home, Secretary Wilson caused a study to be made and has published the results of the relative nutritive value of cheese and the ways in which it may be prepared for the table. Although cheese is so greatly liked, there has been a widespread belief that it is not easily digested and that it is the cause of physiological disturbances. Neither of these popular beliefs is substantiated by the results of the extended series of digestion experiments undertaken and just completed by the department. Indeed, cheese was found to be very thoroughly digested and as easy of digestion as a comparable amount of meat. Supplementing the experiments as to the nutritive value of cheese, many tests have been made in preparing cheese for the table, the purpose being to suggest dishes and combinations of such a character that cheese might replace other nitrogenous material and fat when desirable.

The bulletin discusses cheese making, enumerates the more common kinds of cheese used in American homes, gives a few sample bills of fare in which cheese dishes are substituted for meat, tells how to make home-made cheeses, and gives forty-one recipes for cheese dishes and cheese sauces, which are certain to prove very attractive to American housewives.

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Some Helps For Housekeepers.

A certain woman had used a gas range for all her cooking for some years. But she never thought to slip a newspaper over the drip-pan under the burners until a friend told her to do so. She had carefully scrubbed this drip-pan every morning, for food will boil over or get spilled, and the drip-pan always seemed to be dirty.

Now she simply slips the newspaper out and burrs it. And she doesn't need to scrub the pan oftener than once a week, sometimes not even then, unless a genuine catastrophe has happened.

Newspapers are very useful things anyway about a kitchen. If you cook with a fire that smuts, if you will rub the bottom of the pan or pot with paper, nearly all the smut can be rubbed off. And this is much easier than washing it off, and having pan and dishcloth black.

If greasy pans and pot are wiped out with pieces of newspaper before washing, their washing will be easier.

Soft muslin covers that can be quickly fastened over brooms or long handled brushes, for wiping up hard wood floors, or cleaning walls or curtains are time-savers. If these are made so they can be fastened quickly and securely, they are more economical of time, in the long run, than is the piece of old cloth that is tied on over the broom or brush haphazard. This is continually coming off, and not being made to fit, doesn't half do its work. If the cover that is used

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HYGIENIC BEDROOM

Simplicity is the keynote nowadays in bedroom furniture and furnishings. This is especially the case in small city apartments, where there is not space enough for a regular maid. The drudgery of house cleaning is thus lessened, while the general health of the family is considerably benefited.

In the new bedroom there is nothing for mere looks, no useless bric-a-brac for the harboring of dust and possibly vermin. Yet the hygienic bedroom may still express prettiness, a decided charm. It is of two distinct sorts. It has either a hospital plainness and bareness, or else the few necessities used are made attractive with comely muslin or cretonne curtains, pretty bedspreads and dainty bureau fixings. But all of these things are washable, for cleanliness, in the highest sense, is the chief object of these rooms.

The first move toward the accomplishment of a hygienic bedroom is the removal of the old wall paper. In many cities this thorough cleansing of the walls is exacted by law, as it is an established fact that disease may be transmitted through wall paper, and the landlord of the cheap apartment is only too much given to putting one over another.

Her walls scraped and the room fumigated if necessary, the housekeeper next decides whether she will have a papered room or a painted one. The last idea is the more wholesome of the two, if the less elegant, for painted walls can be washed down every season, and, besides, paint lasts a good deal longer than paper. If paper is chosen it is in a light color and without a distinct pattern. Some pretty wall papers in shadow stripes—white and faint gray, or white and cream—are smart and give a suggestion of space. These may have a floral garland at the top or be put on without it. The ceiling is calcimined for both the painted and the papered room and the woodwork painted white with a hard enameled finish. After the weekly cleaning, a rag dipped in white soapuds is used on the painted part of the room with fine effect.

The furnishing of such a room is a genuine labor of love, and happy is the woman who can buy everything new that is needed. A white iron bed, with the top and bottom the same height and of a solid sort, and straight chair of white enameled

wood are the only pieces of furniture absolutely required. If there is no wardrobe built in the room a mackintosh wardrobe can be bought, this being a smallish, easily moved convenience much used at present. In a double bedroom there would be two back-to-back wardrobes placed side by side, exactly alike and painted white to match the wood of the room. Twin beds also, put close together, would be seen with these, but there would only be a single bureau of extra size. Beside each bed, or before the single one, there would be a bright washable rug, one of velvet in French patterns, or a strip of carpeting hemmed to look like a rug.

The dressiness of the room would to a great extent, depend on the floor rugs. With the homestead rag affairs effects are kept contrived. Curtains are of white muslin or striped white dimity with a ball fringe edge, the bedspread matching the last material. The French velvet rug, which are the smartest in old pink or dim blues, have delicate floral borders and plain center, and these admit of a Frenchy touch in the other fixings of the room. With one or two of these pretty rugs on the brightly burnished floor bureau and table cover and chair cushions may be of a bright flowered cretonne edged with ball fringe. The other bureau accessories also show a French smartness—there are gilt or glass candlesticks, a crystal lamp with a Marie Antoinette shade and glass bottles touched with gilt for the perfumes and toilet waters. It is quite the elegant thing to go to bed by candlelight or by the aid of one with tapers.

A bedroom in Dutch blue is a charming novelty, and this could be got up quite cheaply. Paint the walls of the room a faint cream and the woodwork a pure white and use the calico in delicate and white, with a white ball fringe edge for all the curtains, bed and bureau covers and rocker cushions. Candlesticks can be found in this color scheme as well as pin trays and scent bottles. For the floor use a blue and white rag rug.

Nothing disappoints some women more than to not be disappointed in a new neighbor.

A man is apt to get so rattled when a leek year girl proposes to him that he can make him believe he did it.